



MedStar Franklin Square
Medical Center

Knowledge and Compassion
Focused on You

IMPROVING HEALTH OUTCOMES: BLOOD PRESSURE (IHO: BP) Learning Collaborative

Sponsored by the AMA in collaboration with
JHM and 10 Practice Site:
The Department of Family Medicine
MedStar Franklin Square Medical Center

Sallie Rixey MD MEd
Maryland Million Hearts Symposium on
February 2015



Acknowledgements

- Our patients and their community partners
- Million Hearts®
- AMA JHM IHO: BP team
 - practice facilitators and financial support
- Dr. Khanna and the Maryland Learning Collaborative
- FHC team



February 6, 2015

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The Family Health Center

- 11,000 pts. 33,000 visits
- 24 Family Medicine Residents
- 12 full and part-time faculty
- Behavioral Medicine coordinator
- Pharm D (Notre Dame)
- NCQA Level III PCMH
- EHR that is changing again!!



FHC Catchment Population :
234,504

Overlea (21206)*
Edgemere (21219)
Middle River (21220)
Essex (21221)*
Dundalk (21222*, 21224)*
Rosedale (21237)
Nottingham (21236)
Perry Hall (21128).



***Poverty Level considerably higher (11.0-19.2%)
than the county average.**

IHO: BP and M.A.P. Framework

Measure Accurately

Act Rapidly

Partner with Patients, Families, and
Communities



IHO: BP

2013-2014

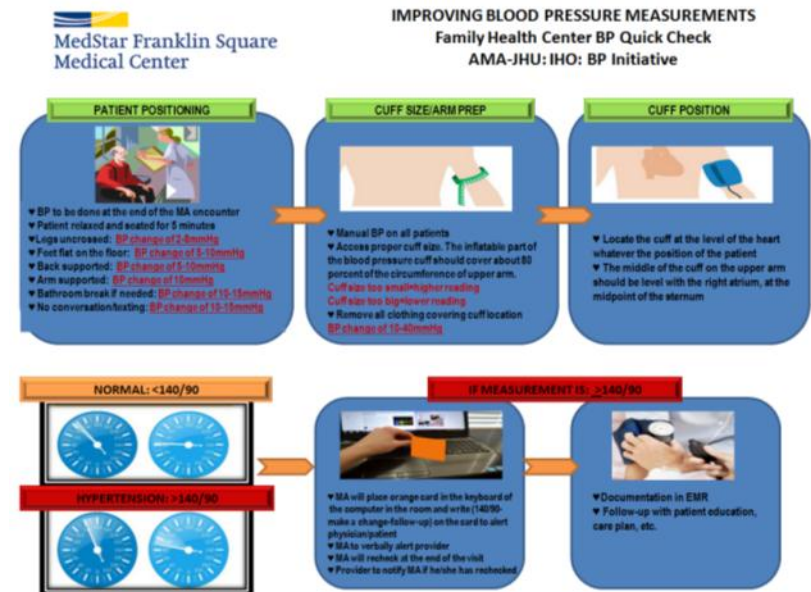
- Prototyping Phase

2014-2015

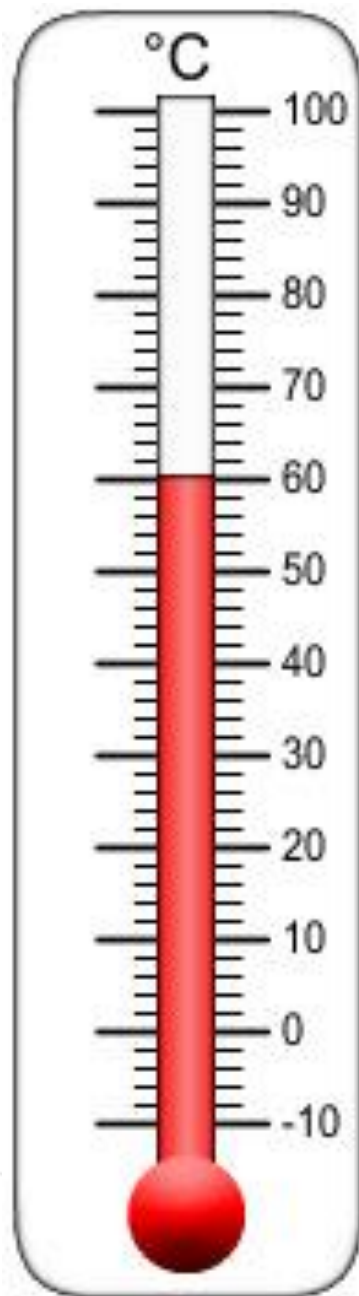
- Phase 1 Quality Improvement
- Phase 2 Community Engagement

IHO: BP Prototyping Phase

- Team-residents, staff and faculty
- Standardized Measure Accurately
 - Coached and tested
- Retreat
- Focus Group
- Integrate data tool PopulationManager®

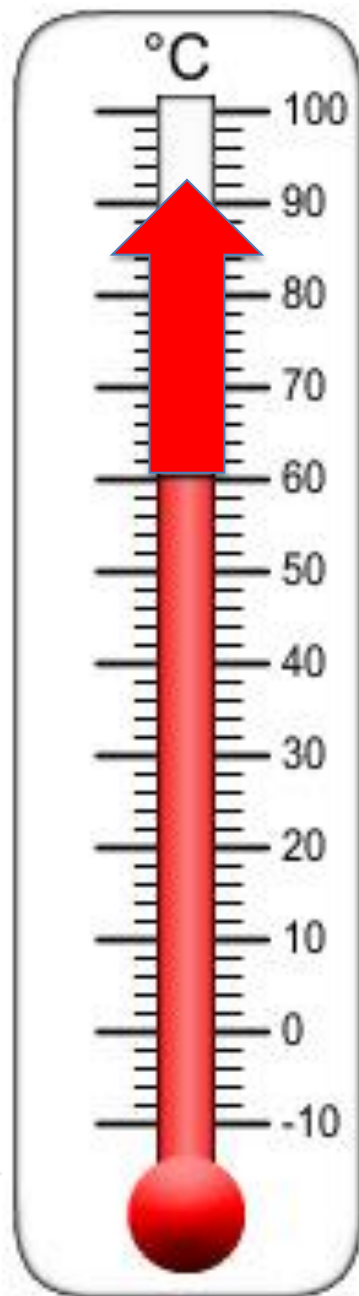






Do we know
what percent
of FHC adults
are at goal?

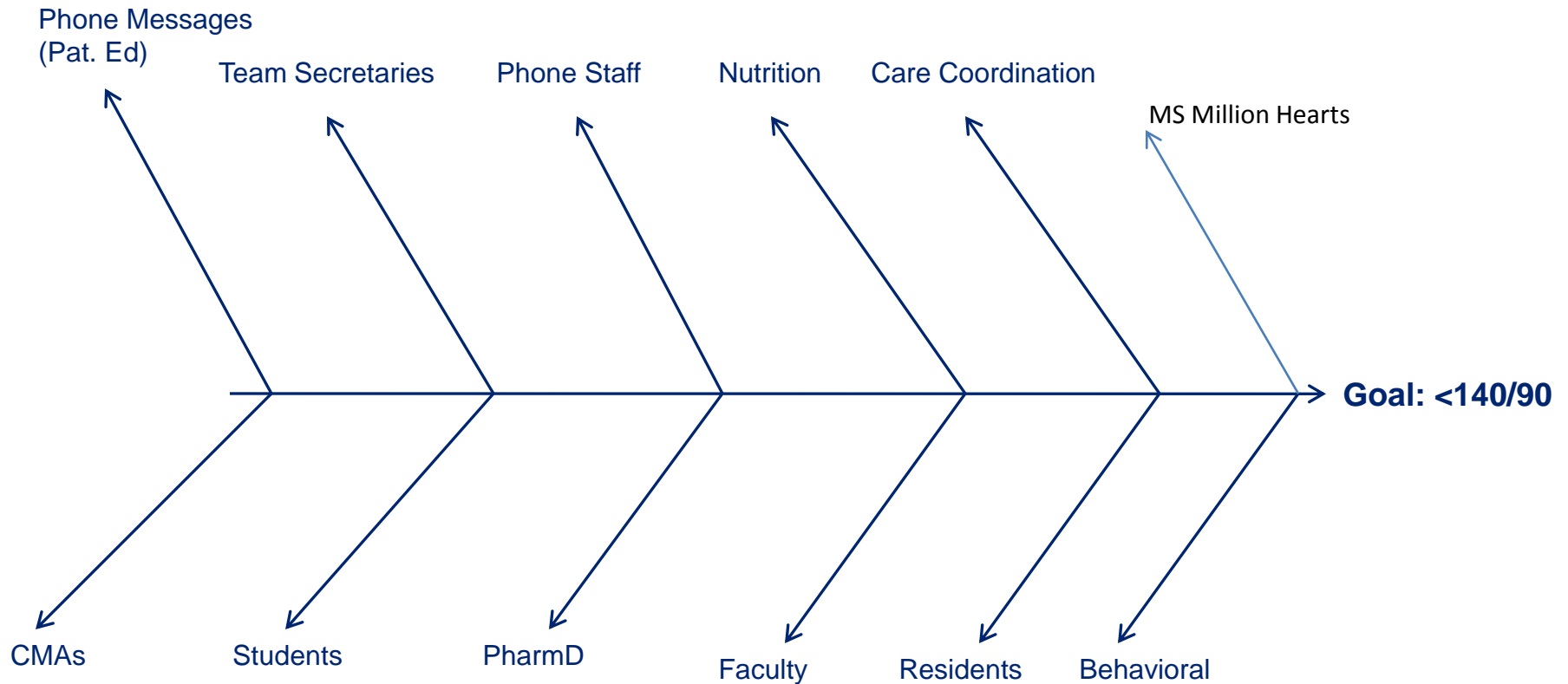
If not, why
not?



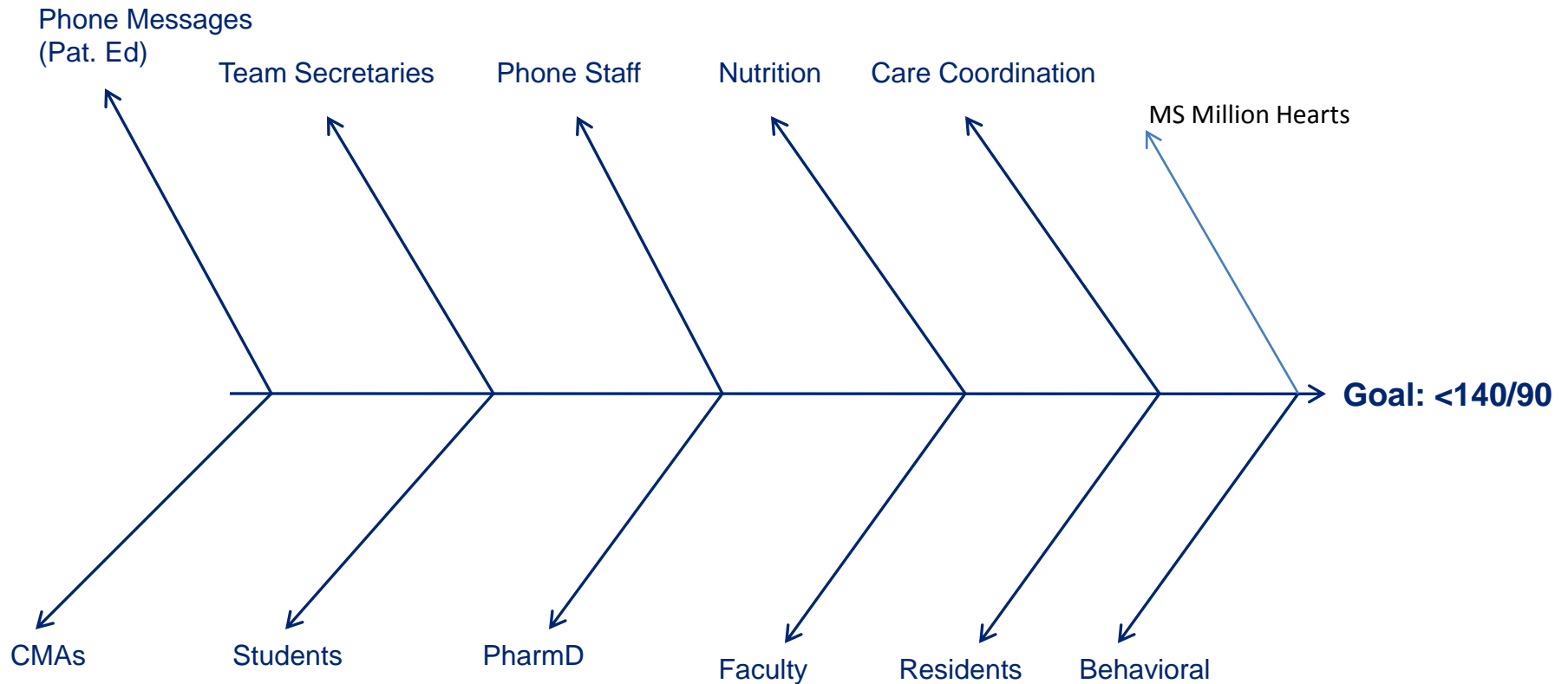
Who's job is it?
&
What is the job?



Lowering the FHC BP - What can YOU do?



Lowering the FHC BP - What can YOU do?



Who is missing?

List of AA M < 60 yrs with uncontrolled BP

- Zip
- Insurance
- PCP
- # visits 18 months
- % w PCP
- Social Determinants
- Co morbid conditions
- BP Meds
- Past BP Meds
- Recommendations
- Monitoring



44 AA M < 60 yrs with uncontrolled BP

2/3 <3 visits in past 18 months

60% with PCP

23 % CCBs

18% BBs

14% monotherapy with ACEI

21220

Employed (police, truck drivers, foreman) w/ families

45% diabetes

16% smokers

14% CKD



MC-FP Modules

Current Stage
Activity

PART II (SAM)
Modules

Part IV
Modules

External Part IV
Modules

Performance in Practice Modules

Performance in Practice Modules (PPMs) consist of introductory materials, detailed instructions, and an interactive quality improvement (QI) development process. The QI implementation period is a minimum of 7 days with the exception of the Hand Hygiene PPM which has a minimum of 14 days (two 7-day periods) for the QI implementation period. Please keep these timeframes in mind when completing your MC-FP requirements.

Introduction ▼

Roadmap ▼

Available Topics	Access Module
Asthma PPM	START
Comprehensive PPM	START
Coronary Artery Disease PPM	START
Depression PPM	START
Diabetes PPM	START
Hand Hygiene PPM	START
Heart Failure PPM	START
Hypertension PPM	REVIEW

Related Pages

Track Your Progress

My Calendar

Tools

- ▶ [MC-FP User's Guide](#)
- ▶ [Support Center](#)
- ▶ [Change Part IV Pathway](#)



High BP Focus Group: Our Patients' Words

"I didn't know that my high sugars could contribute to my blood pressure"

"I didn't know that sodium was actually salt. It would be nice if someone would explain what these things mean"



"You have to corner people [in the store] to get them to check their BP"

"I can pray 24/7 but I have to make a conscious effort to change"

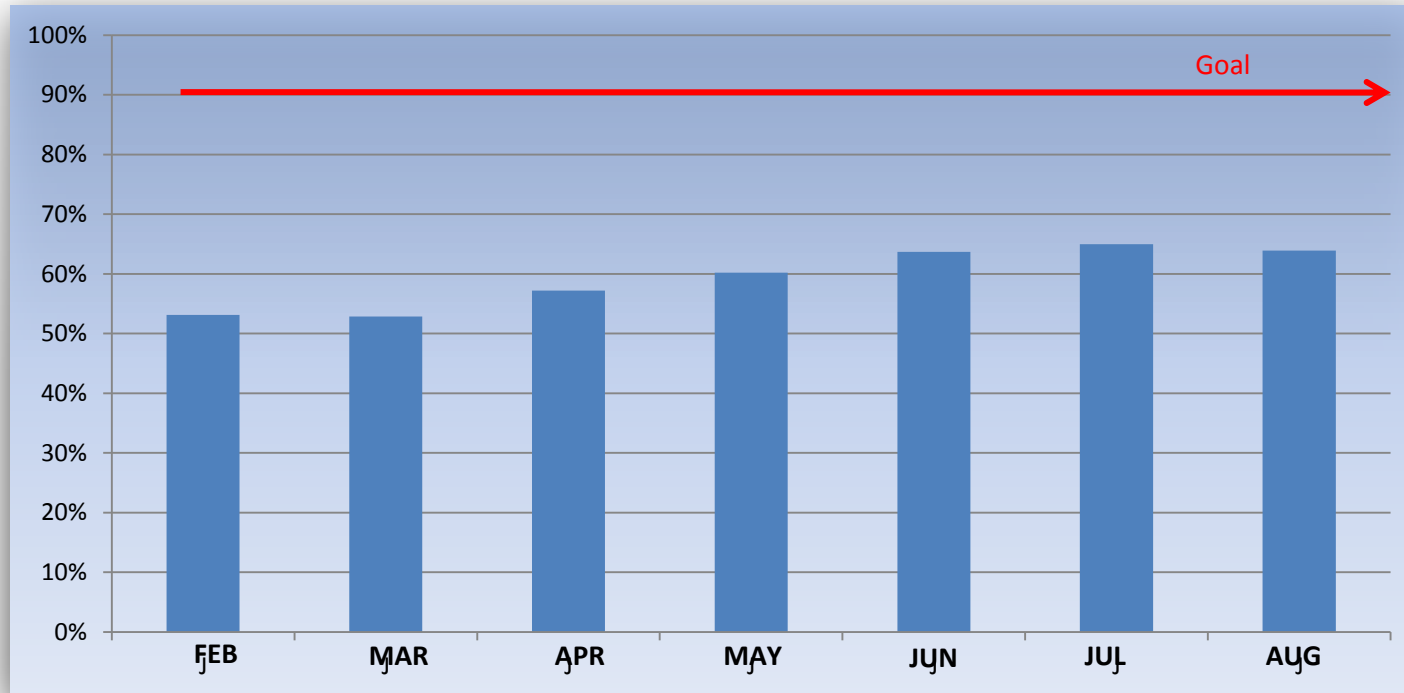
"It's easier to grab something filling while you're on the go"

Higher than 140/90
Make a change
F/u 2-4 weeks

IHO: BP Phase 1 Quality Improvement

- Measuring and alerting-orange card
- Secret shoppers and surveys
- Resident led home BP monitoring initiative
- Internal newsletter
- Dashboards and QI discussions at monthly all-practice meeting
- Team competitions

Control Rate, Clinic Wide by Month



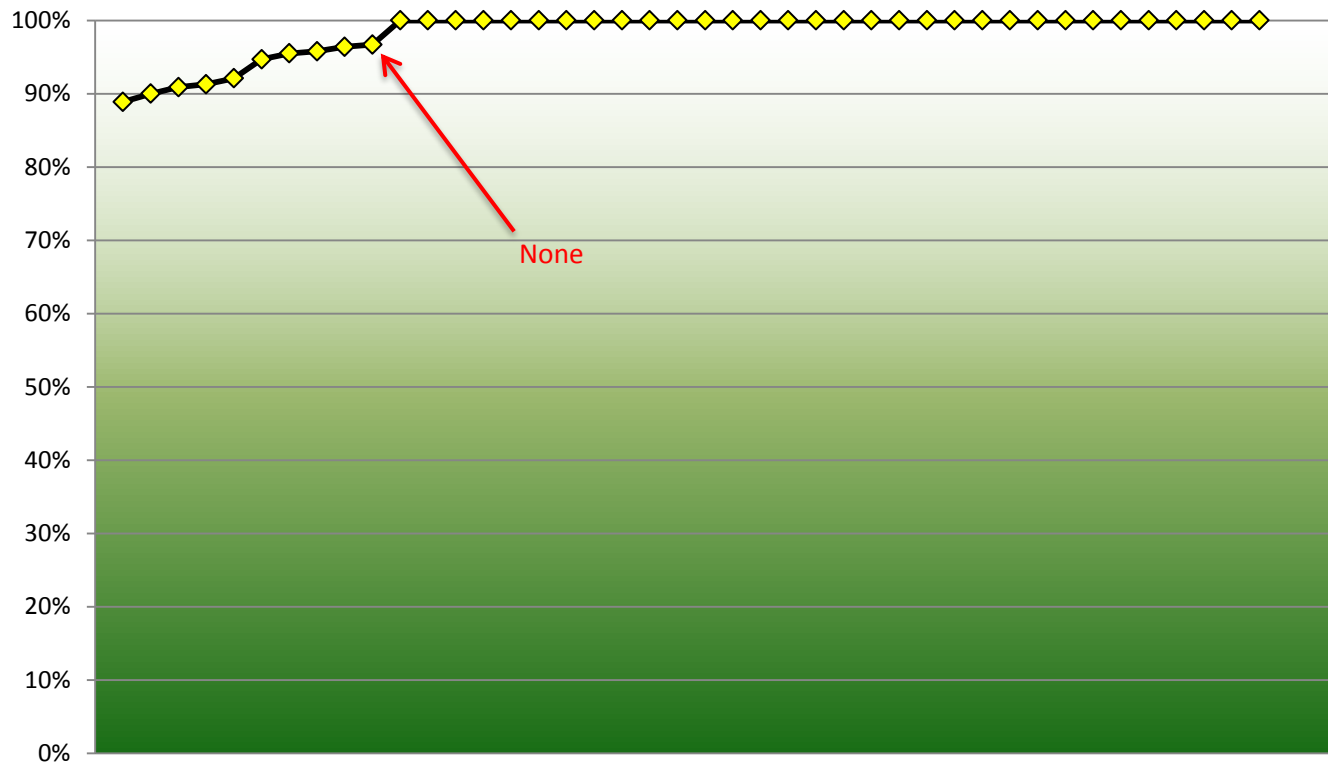
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Measurement Rates by Provider



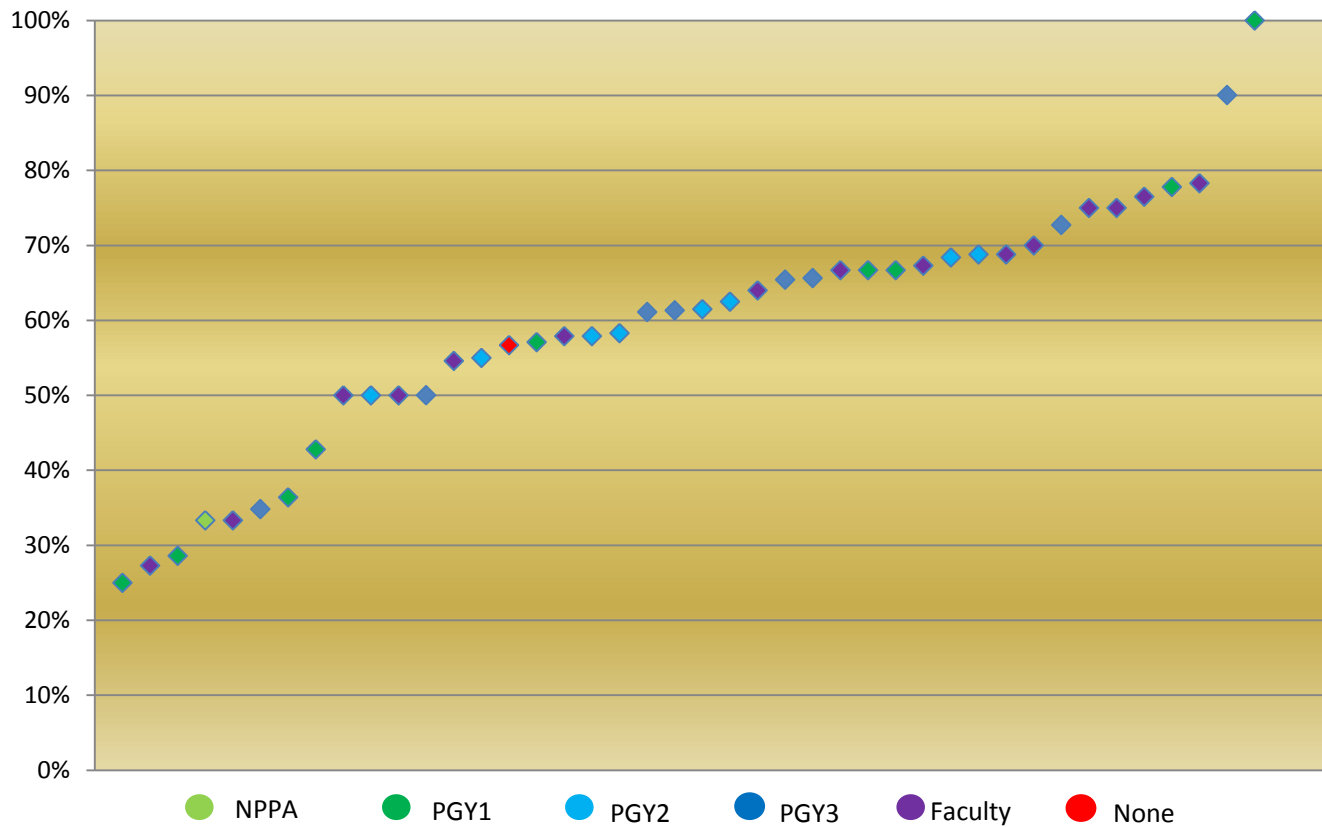
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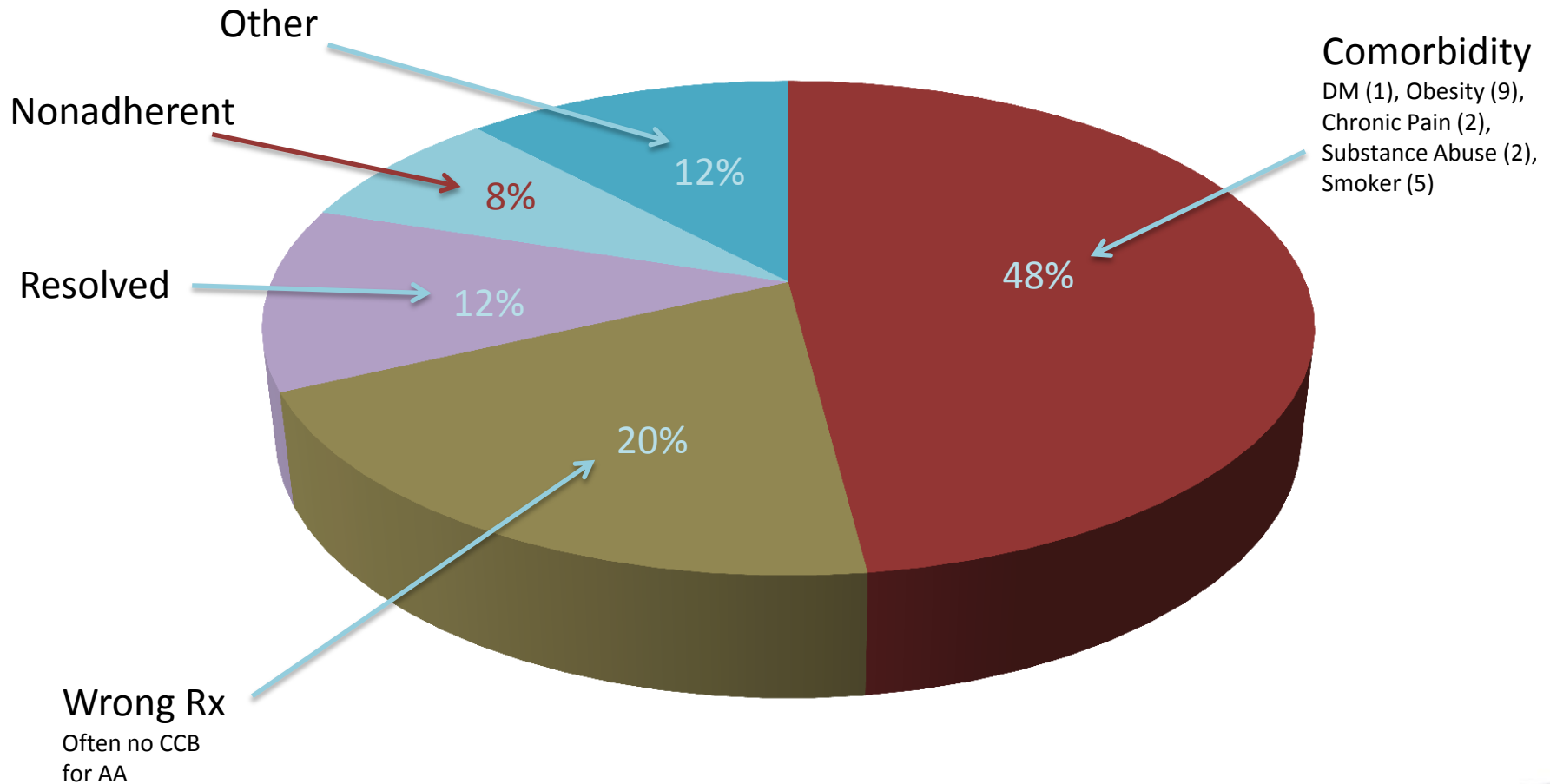


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Control Rate by Provider



Matt Burke's Uncontrolled Patients



Check List for Home BP Monitoring

Home Blood Pressure Project: APPROVAL OF PARTICIPATION

I _____ have reviewed all information pertaining to the Home Blood Pressure Project and agree to be an active participant in the study.

Participant	Date/Time	Physician	Date/Time	Witness	Date/Time
-------------	-----------	-----------	-----------	---------	-----------

FHC Home Blood Pressure Project: MAIN CHECKLIST

- Please assure that all boxes are checked prior to end of office visit.
 - ☐ Initial BP reading ____/____
 - ☐ Second BP reading ____/____
 - ☐ Patient meets **Criteria for Inclusion Checklist**
 - ☐ Home Blood Pressure Project presented by physician to patient
 - ☐ **Approval of Participation** form reviewed by physician and completed by patient
 - ☐ BP monitor **Sign Out/Return Form** completed by CMA
 - ☐ **Blood Pressure Monitoring at Home Handout, Flow Sheet** and demo done by CMA
 - ☐ **Patient Education Handout** given to patient
 - ☐ CMA to confirm current contact phone number and address of patient
 - ☐ Two week follow up office visit scheduled
 - ☐ Copy of **Checklist/Approval of Participation Form** made and given to patient
 - ☐ Documentation of BP monitor sign out noted in patient chart by CMA
 - ☐ Documentation of patients participation in project made in chart by physician
- Please assure that Checklist and Criteria for Inclusion Checklist are scanned into chart.

Flow Sheet for Home BP Monitoring



Blood Pressure and Pulse Monitoring at Home – Flow Sheet

Name: _____ Date of Birth: _____

Instructions for Home/Self Blood Pressure Measurement:
(See Blood Pressure Monitoring at Home for detailed instructions)

1. Rest for 3 minutes before measuring the first blood pressure and pulse
2. Take at least 2 measurements each time you check your blood pressure and write them down. Wait at least 1 minute between each measurement
3. Write any factors you feel may have affected your blood pressure in the comments section
4. Do this twice daily, once in the morning and once in the evening
5. Give these numbers to your doctor or clinical office staff either in person at an appointment, during a telephone call, or through secure computer messaging

Date	Morning			Evening		
	#1	#2	Comments/ Average	#1	#2	Comments/Average
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						

Date	Morning			Evening		
	#1	#2	Comments/ Average	#1	#2	Comments/Average
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						

Created by Michael Rakotz MD at Northwestern Medicine

Blood Pressure (BP) Monitoring at Home

Why should I measure my blood pressure at home and keep a record of it?

Measuring your blood pressure at home and keeping a record of the measurements will show you and your doctor how much your blood pressure changes during the day. Your doctor can use the measurements to see how well your medicine is working to control your high blood pressure. Also, measuring your own blood pressure is a good way to take part in managing your health. In fact, research has found that people who monitor their own blood pressure at home have better blood pressure control.

Buying a home blood pressure monitor

- You should get an automatic digital monitor that goes around your arm (not your wrist or finger – those are less reliable). The right cuff size is very important. Ask the pharmacist if you need help finding the right cuff size for you (i.e. regular or large, based on the size of your arm). Blood pressure readings will be wrong if your cuff is the wrong size. The numbers on the monitor must be easy for you to read. The price will range from about \$40 to \$100 dollars.
- Omron or Lifesource are good manufacturers (e.g. Automatic Blood Pressure Monitor with IntelliSense).
- For a full list of recommended home blood pressure machines, go to: <http://tinyurl.com/mxuvn7y>

How do I know if my monitoring device is accurate or if I am using it correctly?

- Notify your physician if the BP readings are significantly different from your usual numbers
- You should bring your BP monitor to your doctor's office at least once a year so it can be checked for accuracy. Proper care and storage are also necessary. Make sure the tubing is not twisted when the monitor is stored, and keep it away from heat. Periodically check the tubing for cracks and leaks.

What do I need to do BEFORE I measure my blood pressure?

- Don't eat a large meal, exercise, or use decongestants, caffeine, alcohol, or tobacco products for at least 30-60 minutes before measuring your blood pressure.
- If you need to go to the bathroom, make sure you do so before measuring your blood pressure.
- Sit and Rest for 3 minutes before measuring your blood pressure. Sit in a comfortable position, with your legs and ankles uncrossed, feet flat on the floor, and your back supported in a chair (see picture on next page).

How do I use a Digital Home BP Machine?

- Do not talk, text, read, watch TV, or use your phone, computer, or tablet while taking your blood pressure.
- Set your arm on a surface so it is at the level of your heart. Keep it stretched out and relaxed, and sit still.
- Put the cuff around your bare arm, above the elbow about mid-arm. Be certain that the bottom edge of the cuff is 1 inch (about 2 fingers) above the crease of your elbow. Turn the power on, and push the start button.
- Use the arm your doctor told you to use in the office. If you check both arms and one arm has a higher blood pressure, always use that arm for all future blood pressure readings. If unsure, use the right arm.
- The cuff will inflate by itself and the automatic mechanism will slowly reduce the cuff pressure.
- The machine will show your systolic and diastolic blood pressures on its screen. Write it down.
- Wait one minute, then repeat (some machines will do this automatically). You need to measure at least two BPs and write them down each time you check your blood pressure at home.
- Record all of the BP readings you measure with dates and times. (The Home BP Flow Sheet is a great way to keep track of all of the BPs you record) and you can bring them in to review with your doctor.
- How often should I check my blood pressure?**
- Most of the time you will take 2 BPs in the morning and 2 BPs in the evening for 1-2 weeks and review with your doctor (via phone, messaging or visit).
- Your doctor will then tell you how often to continue measuring your BP at home. *continued >>*

Created by Michael Rakotz MD at Northwestern Medicine



IHO: BP Community Engagement Pilot

How to develop successful community partnerships
for supporting BP control outside the office?

- Approaches and tools
- Obstacles
- Measure impact on BP and health outcomes



Approaches and tools

SE Network

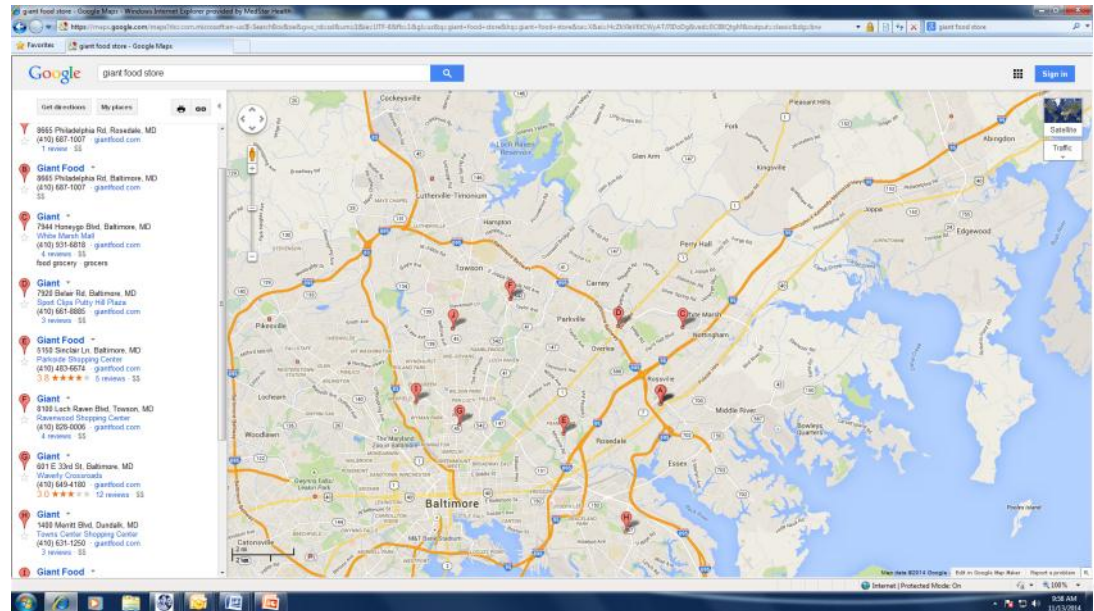
- Creative Kids
- Department of Aging Essex Senior Centers
 - Turner Station
 - Rosedale
 - Victory Villa
 - Overlea

Y of Central Maryland

- Parkville
- Perry Hall

Giant-monthly tours

- Rosedale



Self BP Monitoring in Community Sites

Goal

- Work effectively together
- Enhance understanding of blood pressure screening and control
- Support behavior change

Measurement

- Use of machine
- Cumulative de-identified blood pressure data
- Periodic survey of staff
- Survey of users



What would you do if you had this poster and a blood pressure monitor at your community site?

And why would you do it?



BLOOD PRESSURE

check yourself. live better.

HOW TO:



Use a validated machine with the correct cuff size on the arm with the higher BP reading.

Rest your arm at the level of your heart.



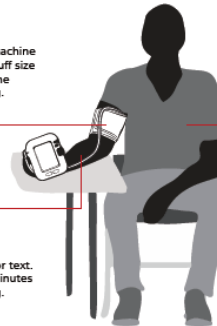
Don't roll your sleeve, instead bare your arm.

Make sure your bladder is empty.



Relax, don't talk or text. Sit quietly for 5 minutes before rechecking.

Sit back in the chair with your legs uncrossed and feet flat on the floor.



KNOW YOUR NUMBERS:

	Top Number		Bottom Number	Recommended Follow-up
Normal	less than 140	and	less than 90	Recheck in one year.
Hypertension without symptoms	140 - 159	or	90 - 99	Check again. Notify a healthcare provider and follow-up every 2-4 weeks until normal.
Hypertension without symptoms	160 or higher	or	100 or higher	Check again. Notify a healthcare provider as soon as possible.
Hypertension with symptoms: weak, dizzy, light headed, trouble breathing and/or chest pain	160 or higher	or	100 or higher	Get care immediately.

LOWER YOUR BLOOD PRESSURE:



Reduce sodium.
Eat less than 2000 mg of sodium daily from processed foods, eating out and table salt.



Eat fresh!
Add more fruit, vegetables, nuts, seeds and beans to your diet.



Don't smoke.



Exercise
at least 150 minutes a week or walk 10,000 steps a day.



Moderate
alcohol use is 7 drinks for women and 14 for men spread out over a week.

Blood pressure monitoring in Public Places

Methods

1. Dialogue with site
2. Identify site champion
3. Modify tools and processes
4. Train the trainers
5. Market opportunity at FHC and community sites*
6. Pilot and measure use
7. Survey for feedback (site and clients)
8. Track data
9. Interval meetings for improvements
10. Market success stories

*potential for expansion



Obstacles

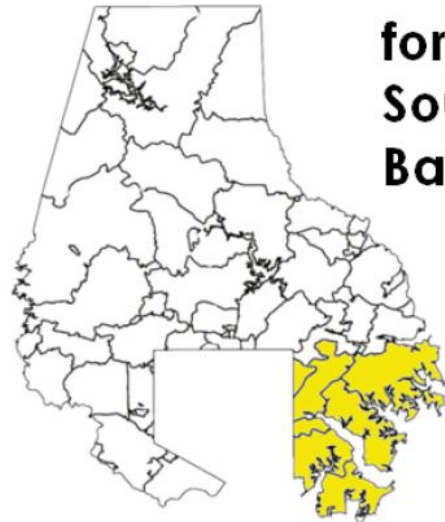
Poverty Level 21206, 21221, 21222, and 21224:

- 11.0-19.2% (8.2% in BC)

- County homeless shelter serves more than 150/night
- Transportation issues
- Unlicensed child care and senior care

15%-25% no show rate

2013 Community Health Assessment



for
Southeast
Baltimore County

Prepared for and funded by



MedStar Franklin Square Medical Center

March 2013

February 6, 2015

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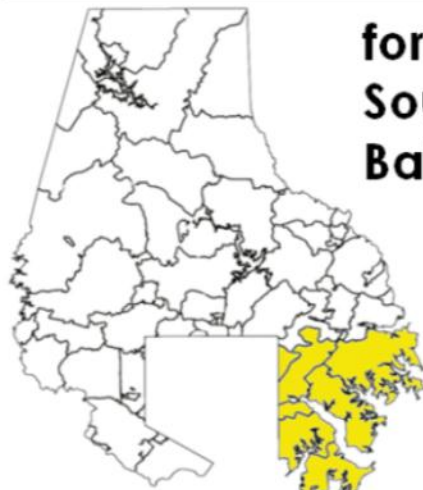


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Higher than County/State levels of:

- infant mortality
- low birth weight
- births to teens
- births to mothers who never finished high school
- juvenile arrest
- public assistance
- property crime
- violent crimes
- domestic violence
- child abuse/neglect
- school absenteeism

2013 Community Health Assessment



for
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What we are learning

From ASTHO Framework for Collaboration

- Where you began
 - Where you are now
 - Where you hope to go
-
- Isolation
 - Mutual awareness
 - Cooperation
 - Collaboration

What we are learning

To assess social capital

benefits derived from the preferential treatment and cooperation between individuals and groups

Placemaking

creating public spaces that promote people's health, happiness, and well being by capitalizing on the community's assets, inspiration, and potential

Stakeholders and their priorities

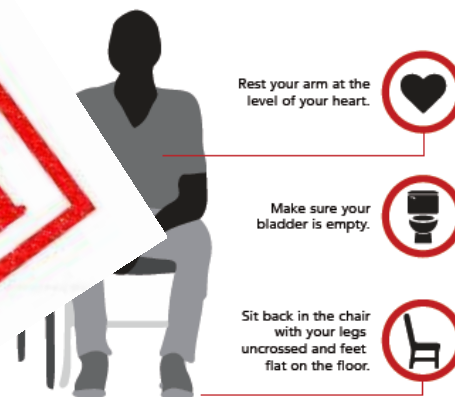
Knowing your patients

- Primary support group
- Social environment
- Education
- Occupation
- Housing
- Economic precarity
- Access to health care
- Interaction with the legal system



BLOOD PRESSURE

Measure it yourself. live better.



YOUR NUMBERS:

	Top Number		Bottom Number	Recommended Follow-up
Normal	less than 140	and	less than 90	Recheck in one year.
Hypertension without symptoms	140 - 159	or	90 - 99	Check again. Notify a healthcare provider and follow-up every 2-4 weeks until normal.
Hypertension without symptoms	160 or higher	or	100 or higher	Check again. Notify a healthcare provider as soon as possible.
Hypertension with symptoms: weak, dizzy, light headed, trouble breathing and/or chest pain	160 or higher	or	100 or higher	Get care immediately.

LOWER YOUR BLOOD PRESSURE:



Reduce sodium.
Eat less than 2000 mg of sodium daily from processed foods, eating out and table salt.



Eat fresh!
Add more fruit, vegetables, nuts, seeds and beans to your diet.



Don't smoke.



Exercise
at least 150 minutes a week or walk 10,000 steps a day.

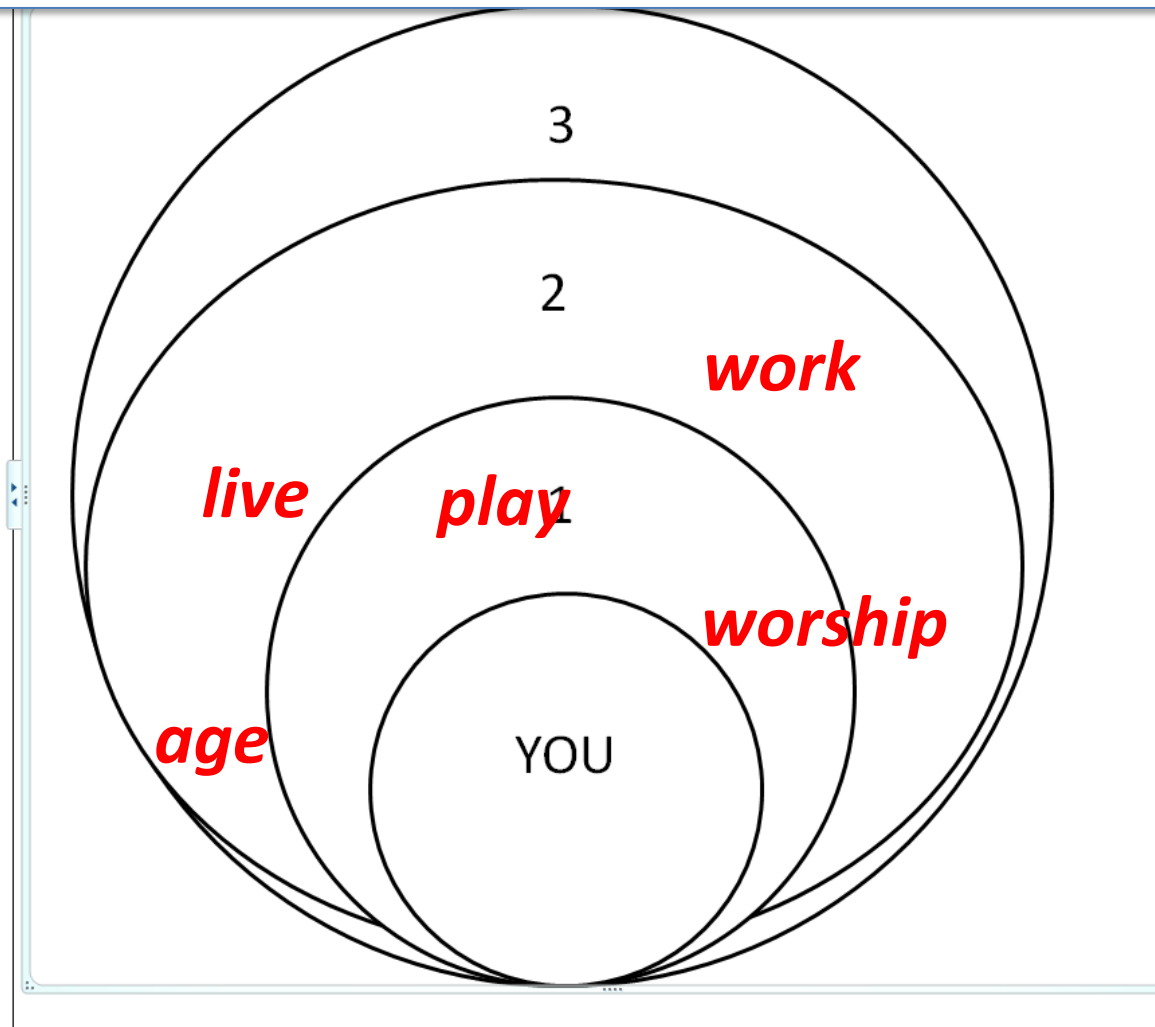


Moderate alcohol use is 7 drinks for women and 14 for men spread out over a week.

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“Place”



This information will be a useful tool for the AMA-JHM BP initiative as we work towards improving BP outcomes in the FHC and engaging community resources.

- Nurse ministry
- Health suite
 - Illness
 - Monitoring
 - Education
- Health fairs



To: Rixey, Sallie

Subject: Blood pressure

Hi Dr. Rixey,

I attend Mount Pleasant Church and Ministries. I'm a co-leader for the nurse's ministry, which involves reaching out to the congregation, and caring for the members in the community.

Mount Pleasant Church has a health suite where the congregation can come in for any health issues that may occur during the service hours. We have some members who may just stop by the health suite to get their blood pressure checked. When we get members who have an elevated blood pressure we recommend them to see their physician, or if high enough we send them out by 911. Members are given handouts of what their blood pressure should be.

Mount Pleasant Church and Ministries have several health fairs a year. We promote wellness and disease prevention screening. We give handouts on all the health screening we do. When we have a health fair, I borrow equipment from Franklin Square Medical Center. I set up a table to represent Franklin Square for blood pressure checks. We have other health organizations that partner with us. We are able to reach people in the church and community who have not seen a doctor in years. I'm so grateful for the nurse ministry that we have at Mt. Pleasant Church. We can make a difference in people's health.

Carlene Neal, Master, CMA

Associates Of Arts / Human Services Management

9101 Franklin Square Drive, Ste 205

Baltimore, MD 21237



From: [Redacted]
To: Rixey, Sallie
Cc:
Subject: Re: an app for jordan to look at and discuss with me

Yes ma'am , I'm on it !

Sent from my iPhone

On Dec 10, 2014, at 6:02 PM, Rixey, Sallie <Sallie.Rixey@Medstar.Net> wrote:

Hi MR. Scott

Please show this to [Redacted]
I know she had an app and I wondered if it is this one or if she knows about it
Have her take a look if she can and give me a call

<https://itunes.apple.com/us/app/cooking-matters/id589831827?mt=8>

here is the web

<http://cookingmatters.org/>

also want to know if they learned anything like this in the classes they are attending. She can just email me herself if that works
I do see her as someone to teach others some day.

Yours,
Dr. rixey



BLOOD PRESSURE

check yourself. live better.

HOW TO:



1. Sit quietly for 5 minutes before the measurement. Do not smoke, drink coffee or exercise within 30 minutes of the measurement.



2. Rest your arm on a flat surface with your back supported. Your feet should be flat on the floor.



3. Relax. Do not talk or move during the measurement.



4. Take two readings at least 1 minute apart. Use the average of the two readings.

5. Repeat the measurement after 1 minute.

6. Record the readings.

KNOW YOUR NUMBERS:

	Top Number	Bottom Number	Recommended Follow-up
Normal	Less than 120	Less than 80	Continue to eat healthy.
Elevated	120 - 130	80 - 90	Watch your blood pressure and lifestyle. Consider lifestyle changes.
Stage 1 Hypertension	130 or higher	90 or higher	Consider lifestyle changes and medication.
Stage 2 Hypertension	140 or higher	90 or higher	Take action immediately.

LOWER YOUR BLOOD PRESSURE:



Walk more
Aim for at least 30 minutes of walking most days of the week.



Eat healthy
Follow the DASH diet: low sodium, high potassium, and high fiber.



Don't drink
Limit alcohol to one drink a day for men and two for women.



Exercise
Aim for at least 30 minutes of moderate exercise most days of the week.



Reduce stress
Practice stress management techniques like deep breathing, meditation, or yoga.

THANK YOU

February 6, 2015

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